

## When planning breakfast, keep in mind:

- ⇒ Half of all grains offered, over the week, at breakfast must be whole grain/whole grain rich in SY 2013-14.
- ⇒ You must offer two milk fat choices every day, 1% and fat-free.
  - \* If you offer flavored milk, it must be fat-free.

## Changes for SY2014-15:

- ⇒ The fruit/vegetable serving will increase to 1 cup.
- ⇒ All grains offered must be whole grain/whole grain rich.
- ⇒ Offer vs Serve: A child must take a 1/2 cup of fruit/vegetable.
- ⇒ No more than half of the total fruit/vegetable offerings over the week may be in the form of juice.

## For More Information Contact:

School Nutrition Programs  
Office of Public Instruction  
PO Box 202501  
Helena, MT 59620-2501  
(406) 444-2501  
or visit:

[http://opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/Breakfast.html](http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/Breakfast.html)



Montana  
Office of Public Instruction  
Denise Juneau, State Superintendent

# The New Breakfast Meal Pattern

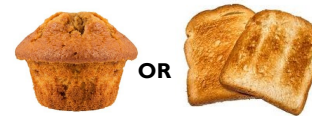
Start the day off right with a simple, delicious, and nutritious breakfast!



**8 oz** Fluid Milk

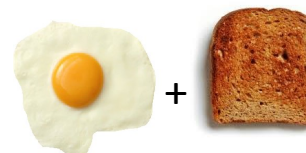


**1/2 c** Fruit/Vegetable



**2 oz** Grain

OR



**1 oz** Grain &

**1 oz** Meat/Meat Alternate



# Offer vs Serve: Breakfast

Make sure students choose 3 out of 4 items from the three groups (milk, fruit/vegetable, grain/meat).

{ An item = 1oz grain, 1oz Meat/Meat Alternate, 1/2 cup fruit, 8oz milk }

## Offer



= 1 Item



= 1 Item



+



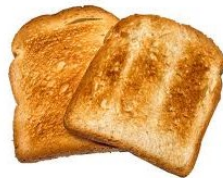
= 2 Items

OR



= 2 Items

OR



= 2 Items

## Serve

(These are all examples of reimbursable meal options)

